

*Core Wellness Institute*  
*Organic Posture and Functional Fitness Coaching Course*  
**Module 10 Focus Sheet**

## **Core Thoughts**

### **How “Protection” Mode Affects Your Thought Processing**

We’ve talked several times now about how thoughts of fear, worry, doubt and any kind of stress leads to “stress physiology” that breaks your body down in the long run.

Another amazing thing that happens when you have the “perception” of fear or any stressful thought has to do with your ability to actually use your frontal lobe where all your processing and thinking occurs!

During the stress response (induced by your wiring and perceptions), blood flow actually decreases to the frontal lobe of your brain and increases to your brainstem (your lower brain or subconscious mind).

What that means is when you are under stress, you default quickly to your survival programs and everything you do becomes extremely “reactive”.

A good example to explain this is used by Bruce Lipton in *The Biology of Belief* when he talked about test anxiety. Some people just don’t test well even if they know the material inside and out.

Why? The *fear* of the test shuts down the much-needed ability to make multiple-choice decisions with your frontal lobes as all your blood rushes to your lower brain and all you want to do is get up and RUN!!

This is just another reason to continue to work on *acceptance* of everything as it is and not getting attached to the outcome. Remember, everything you see is basically a movie you made with your brain. What’s “out there” is *past tense*!! You cannot change it or alter it. So you might as well just “let it flow”!

Accept things exactly as they are and if they’re not to your liking, bless it as just one possibility and ask yourself an empowering question. “What can I do to make positive change happen here?”

And you remember the process, right?

#1 You must have a burning desire to see it change. Without that, you won’t follow through with the other steps.

#2 Write it down. Just before bed and first thing in the morning write out how it feels to already have created the new deeply desired situation or thing. Ex: *“Wow, what an amazing day. I am so fortunate to be surrounded by such loving and supportive people at work/family.”*

#3 See that same situation differently in your mind with a *sharp and vivid picture* combined with a strong *feeling*. *Feeling* is the magic word here. You have to literally create the “vibe” of that thing already being accomplished. The more feelings of joy and love you can create the more powerful that new “wiring” drops into your “movie reel” for tomorrow.

#4 Also remember that can take up to 3 months to make it happen but also as little as a few weeks!! So how bad do you want it? That is the *ultimate* question!!

## Core Movement

### Diffusing Your Hidden Time Bombs

Our body is absolutely amazing, it can adapt to just about anything. But sometimes our adaptation to the stresses in our lives creates more problems than it fixes.

Janet Travell MD, who discovered the importance of muscular trigger points, said, ***“After an injury, tissues heal, but muscles learn. They readily develop habits of guarding that long outlast the injury.”*** These movement “programs” may have served to protect the injury from further injury immediately after the incident, BUT these new programmed patterns of movement now have a flaw.

### **The flaw is INEFFICIENCY!!**

Now it takes more *energy* for you to get through the day because your nice tight, energy efficient body now has a “leak”. And not only is it costing you energy, it also is creating an “overload” somewhere else that is placing you at risk for a tendonitis, bursitis, impingement, cartilage tears, and of course, painful trigger points that develop because of the muscle overload!

These situations not only cause frustrating pain, disability, and irritation in your life, they also create a lower functioning nervous system. Remember that optimal (centrated) joint positioning and movement that respects this centration that balances and optimizes your nervous system.

95% of the power to the brain is from movement of the spinal joints and muscles. If your movement is off balance, your master system (your nervous system) that controls everything else is off balance, too

So in order to stay energetic, pain free, and functioning at an optimal level, it's *vital* important to have these faulty movement patterns *detected, treated, and retrained* before they turn into the “ball and chain” of adaptation, pain, and disability.

That's what this entire course is all about!

## Core Nutrition

### Before aspirin ruled the world, pain relief came from...

In 1967 there was a study released on boxers taking *proteolytic enzymes* (made of pancreatic animal enzymes) to see if they would help speed healing time of boxing injuries like bruising, abrasions, hematomas, sprains, lip cuts, and eye cuts.

The results? The treatment group had a 50-75% reduction in healing time!

Since then they have been proven in other studies, as well as clinically, to speed the healing time of other common conditions like: pulled muscles, tenderness, fractures, surgery, immobility, and general pain and inflammation.

These “wonder enzymes” work by destroying and deactivating other proteins involved the formation of inflammatory chemicals in your tissues. But since they are enzymes that break down proteins **you must take them on an empty stomach and the tablets must be enteric coated** so they make it through the acidic pH of your stomach unharmed and intact.

I'm so grateful that I have these in my natural medicine arsenal so I can help my clients heal faster and better when unfortunate injuries occur. They are a must have in *your* “natural medicine cabinet”!

Wobenzyme is a popular brand you can almost always find at a reputable health food store but there are many others.

Keep up the good work!! - Dr. Hoffman